



Dundee Middle & High School October Breakfast Menu

A full student breakfast includes a choice of entrée supplying protein and/or grain, choice of up to 2 fruit side dish (minimum of 1/2 cup), and a choice of milk. Fruit sides are included in each meal at our "Extra Extra Bar", up to one cup per meal. Please contact us for more information.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Egg & Cheese Omelet Frosted Cinnamon Poptart Shredded Mini-Wheat Sides: WG Blueberry Muffin, Assorted Whole Fruit, Chilled Fruit, 100% Fruit Juice FF Chocolate Milk, 1% White Milk	3 Scramble Egg Pizza, Cinnamon Stuffed Bagel, Cheerios Sides: WG Blueberry Muffin, Assorted Whole Fruit, Chilled Fruit, Goldfish Cinnamon Graham Cracker FF Chocolate Milk, 1% White Milk	4 Egg & Cheese Bagel, Cinnamon Roll Smoothie, Strawberry Poptart, Shredded mini wheats Sides: Graham Crackers, 100% Fruit Juice, Fresh Whole Fruit, Chilled Fruit FF Chocolate Milk, 1% White Milk	5 Mexi Breakfast Wrap, Cornflakes, Blueberry Bash Waffles, Raspberry Rainbow Yogurt Sides: Graham Crackers, Chilled Fruit, Fresh Fruit, String Cheese FF Chocolate Milk, 1% White Milk	6 Sausage & Cheese English Muffin, Cheerios, It's Almost Summer Smoothie, Cinnamon Cream Cheese Bagel Sides: Graham Crackers, Chilled Fruit, Whole Fruit, 100% Fruit Juice FF Chocolate Milk, 1% White Milk
9 Turkey Ham & Egg Burrito, WG French Toast, Cheerios, Crunchy Banana Parfait Sides: Graham Crackers, Chilled Fruit, Whole Fruit, Raisins FF Chocolate Milk, 1% White Milk	10 Mini Blueberry Pancakes Cinnamon Roll Smoothie, Shredded Mini Wheats, Strawberry Cream Cheese Bagel Sides: Graham Crackers, Chilled Fruit, Fresh Fruit, 100% Fruit Juice FF Chocolate Milk, 1% White Milk	11 Egg & Cheese Bagel, WG Blueberry Mini Pancake, Strawberry Banana Yogurt, RS Apple Jacks Sides: Bunny Grahams, Chilled Fruit, Fresh Fruit, Sweet Raisins FF Chocolate Milk, 1% White Milk	12 Bacon Scramble Breakfast Pizza, Cinnamon Poptart, Cheerios, WG Waffles Sides: WG Blueberry Muffin, Chilled Fruit, Fresh Fruit, 100% Fruit Juice FF Chocolate Milk, 1% White Milk	13 Turkey Sausage Pancake on a stick, Cherry Frudel, RS Apple Jacks Cereal, Strawberry Poptart Sides: Graham Crackers, Chilled Fruit, Fresh Fruit, Sweet Raisins FF Chocolate Milk, 1% White Milk
16 Egg & Ch Burrito, Blueberry Bash Waffles, Cheerios, Berry Patch Smoothie Sides: WG Cinnamon Toast, Fresh Grapes, Sweet Raisins, Graham Crackers FF Chocolate Milk, 1% White Milk	17 Scramble Egg Pizza, Cinnamon Stuffed Bagel, Mini Blueberry Pancakes, Strawberry Poptart Sides: Graham Crackers, 100% Fruit Juice, Orange Wedges, LF String Cheese FF Chocolate Milk, 1% White Milk	18 Sausage & Cheese English Muffin, WG Berry Mini French Toast, Strawberry Banana Yogurt Sides: Graham Crackers, Chilled Fruit, Fresh Whole Fruit, Raisins FF Chocolate Milk, 1% White Milk	19 Egg & Cheese Bagel, Scramble Egg Pizza, Apple Pie Smoothie, RS Apple Jacks Cereal Sides: Bunny Grahams, 100% Fruit Juice, Fresh Whole Fruit, Chilled Fruit FF Chocolate Milk, 1% White Milk	20 Turkey Ham, Egg & Cheese Burrito, Mini Pancakes, Strawberry Bagel, Cheerios Sides: Assorted Chilled Fruit, Fresh Whole Fruit, LF String Cheese FF Chocolate Milk, 1% White Milk
23 Sausage, Egg & Cheese Burrito, WG Cinnamon Mini French Toast, Cinnamon Cream Cheese Bagel, Frosted Mini Wheats Sides: Graham Crackers, Chilled Fruit, Whole Fruit FF Chocolate Milk, 1% White Milk	24 Breakfast Sausage Pizza, Raspberry Yogurt, Cornflakes, Mini Blueberry Pancakes Sides: Bunny Grahams, String Cheese, 100% Fruit Juice, Fresh Whole Fruit FF Chocolate Milk, 1% White Milk	25 Egg & Cheese Bagel, RS Apple Jacks, Turkey Sausage Pancake stick, Cherry Frudel Sides: WG Cinnamon Toast, Chilled fruit, Fresh Whole Fruit FF Chocolate Milk, 1% White Milk	26 Strawberry Cream cheese Bagel, Mexi-Breakfast Wrap, Scramble Egg Pizza, Cornflakes Sides: WG Apple Cinnamon Muffin, 100% Fruit Juice, Fresh Whole Fruit FF Chocolate Milk, 1% White Milk	27 Sausage & Cheese English Muffin, Yogurt, Shredded Mini Wheats, EGG & Cheese Muffin Sides: Graham Crackers, Chilled Fruit, Fresh Fruit FF Chocolate Milk, 1% White Milk
30 Egg & Cheese Omelet Frosted Cinnamon Poptart Shredded Mini-Wheat Sides: WG Blueberry Muffin, Assorted Whole Fruit, Chilled Fruit, 100% Fruit Juice FF Chocolate Milk, 1% White Milk	31 Scramble Egg Pizza, Cinnamon Stuffed Bagel, Cheerios Sides: WG Blueberry Muffin, Assorted Whole Fruit, Chilled Fruit, Goldfish Cinnamon Graham Cracker FF Chocolate Milk, 1% White Milk			

USDA is an equal opportunity provider and employer.

School Foodservice Information:

Breakfast Price: \$1.30 paid, \$0.30 reduced, free (if qualified) \$1.65 Adult

No advance registration necessary! All students are welcome every day!

Shelly Farris, Director of Dining Services

Shelita.farris@Dundee.k12.mi.us

734-529-2350 X11014

Our guidelines:

- Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli, and beans
- Provide more whole grain foods, such as brown rice and whole wheat
- Encourage lean proteins including vegetarian and plant based
- Reduce unhealthy fats, sodium, and sugar
- Continue Chartwells' dedication to earth and community friendly practices by serving hormone free milk, poultry products without the routine use of antibiotics, sustainable seafood, cage free shell eggs, and locally grown produce